



## WALLA WALLA COUNTY DEPARTMENT OF COMMUNITY HEALTH

314 West Main Street • P.O. Box 1753 • Walla Walla, WA 99362

Main Telephone: (509) 524-2650 • Confidential Fax: (509) 524-2642 • Main Fax: (509) 524-2678

### NEWS RELEASE

Date: July 18, 2018

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**For Immediate Release**

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Contact: 509.524.2650

#### Re: Air Quality Awareness Advisory in effect

Walla Walla County and surrounding areas are under an Air Quality Awareness Advisory starting Wednesday, July 18, 2018. The most up-to-date information is posted on our Facebook page:

<https://www.facebook.com/WWCDCH>

Currently, our air quality is in the **YELLOW Category** meaning that the air has Moderate air pollution caused from Wildfire Smoke. The Smoke will lay down in the valleys at night and linger in the morning. Walla Walla County Department of Community Health recommends the following:

1. People with asthma, respiratory infection, diabetes, lung or heart disease, or have had a stroke should limit outdoor activities or do activities that take less effort, such as walking instead of running.
2. Monitor the air quality through the Washington state Department of Ecology's web site. Real time updates on air quality can be found at the Washington State Department of Ecology web site at: <https://fortress.wa.gov/ecy/enviwa/>
3. The Department of Community Health will be monitoring air quality throughout the week and will post updates on their Facebook page and the Walla Walla County Website:

Facebook: <https://www.facebook.com/WWCDCH>

(The Department of Ecology web site uses a color coding system for tracking Air Quality. Each color dot represents a change in Air Quality that progressively worsens as the color changes from green to maroon).



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Air Pollution Category	Meaning	Precautions to Take
Green – Good	Air pollution is minimal	None
Yellow – Moderate	People with asthma, respiratory infection, diabetes, lung or heart disease, or have had a stroke may begin to have breathing problems.	People with asthma, respiratory infection, diabetes, lung or heart disease, or have had a stroke should limit outdoor activities or do activities that take less effort, such as walking instead of running.
Orange – Unhealthy for Sensitive groups	More people than average may have breathing problems or have worsened symptoms of existing asthma or lung disease.	Sensitive groups include people with heart or lung disease, asthma, diabetes, infants, children, adults older than 65, pregnant women, or who have had a stroke. These people should limit time spent outdoors.
Red – Unhealthy	<b>Many more people than average may have breathing problems or have worsened symptoms of existing lung or heart disease.</b>	<b>Everyone should limit time spent outdoors. Everyone should avoid exercising outdoors (including sports teams) and choose non-strenuous indoor activities. People with asthma, respiratory infection, diabetes, lung or heart disease, or have had a stroke should stay indoors. Infants, children, pregnant women and adults over age 65 should also stay indoors.</b>
Purple – Very Unhealthy	Some healthy people can have breathing problems. People with asthma, lung and heart disease have an increased risk of symptoms or worsening of their disease. Studies show the number of people hospitalized for lung diseases can be 50 percent more than normal.	Everyone should stay indoors, do only light activities, and keep windows closed if it is not too hot. Run air conditioners on re-circulate and close the outside air intake. Use indoor air cleaners with HEPA filters, if available. If you must be outdoors, wear an N-95 respirator mask. People with chronic diseases should check with their health care provider before wearing a mask. Check with your local health department for health information. People with asthma, lung and heart disease, or have had a stroke should check with their health care provider for advice about leaving the area. Anyone with shortness of breath, wheezing, chest pain, heart palpitations, extreme fatigue, or difficulty

**Community Health: Always working for a safer and healthier Walla Walla County**



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		moving or speaking should call their health care provider or call 911.
Maroon - Hazardous	<p>More healthy people are likely to have breathing problems. The people most susceptible are those with asthma or lung disease, diabetes, have had a stroke, infants, children, pregnant women, and adults older than 65. Studies suggest more people with asthma, lung or heart disease need medical attention.</p>	<p>Everyone should stay indoors, do only light activities, and keep windows closed if it is not too hot. Run air conditioners on re-circulate and close the outside air intake. Use indoor air cleaners with HEPA filters, if available. If you must be outdoors, wear an N-95 respirator mask. People with chronic diseases should check with their health care provider before wearing a mask. Check with your local health department for health information. People with asthma, lung and heart disease, or have had a stroke should check with their health care provider for advice about leaving the area. Anyone with shortness of breath, wheezing, chest pain, heart palpitations, extreme fatigue, or difficulty moving or speaking should call their health care provider or call 911.</p>

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